Tori = Blue
Uke = White
Tori grabs Uke's right sleeve with his left hand.

Tori then pulls Uke's right arm towards
his body with his left arm.
At the same time Tori steps forward with
his right leg and slightly bends forward.

Tori then bends through his knees further
and places his right foot behind Uke's left foot.

Now Uke's foot is locked in,
Tori can easily grab hold of Uke's
left leg.

Tori then lifte Uke's left leg up
and follows Uke to the ground.

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Tori = Blue
Uke = White
Uke faces Tori and atacks with a left direct punch.

At the same time Uke punches Tori dives towards Uke's legs.

Tori now steps in close
in order to lift Uke more easily.
His arms are wraped around Uke's legs.

Tori then lifts Uki straight up.

Tori then makes a sweep to the right
with his right arm, causing Uke not
to fall straight backward.

Tori has thrown Uke and controls Uke
by placing his knee on Uke's belly.

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